



Student Resilience Survey

Hume City Council (Snapshot 2025 3-6, all genders)

SNAPSHOT REPORT 2026

Comparison Data Australia (to Dec 2025)

The comparison dataset has 81,433 responses for the chosen year(s).

Date Generated 27/1/2026

	Year Levels				
	3	4	5	6	
Female	337	382	419	311	1449
Prefer Not To Say	27	24	18	5	74
Male	319	339	394	282	1334
	683	745	831	598	2857

helpdesk@resilientyouth.org

Welcome to your Snapshot Report

Our Student Resilience Survey distils the key elements of a resilient life for young people into what we call the 'CPR of Wellbeing': being Connected Protected Respected.

Designed in collaboration with our partners at the University of Adelaide and the University of South Australia, the Student Resilience Survey provides you with real-time data on the resilience and mental health of your students across nine factors.

Through your School Reporting Portal, you can access your survey data and generate on-demand reports highlighting the strengths and challenges of your students.

This Snapshot Report offers an overview of your students' strengths and challenges, presented as percentages and colour-coded against Australian norms.

For a detailed and interactive look at your Student Resilience Survey items, please visit your School Reporting Portal.

We believe you'll find the Student Resilience Survey data to be both insightful and a practical starting point for your efforts to ensure that your students feel connected protected respected.

For additional free resources please visit our website: resiliencyouth.org

To download the annual University of Adelaide 'State of the Nation' Report, please visit: wildlabadelaide.org/reports

If you need any further assistance, please don't hesitate to contact us.

Best wishes,



Dr Andrew Wicking



Dr Andrew Wicking
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Resilient Youth Australia
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Dr Mark Kohler
*Senior Lecturer in Psychology
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Professor Jill Dorrian
*Professor in Psychology
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Professor Kurt Lushington
*Professor in Psychology
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The Student Resilience Survey does **NOT** identify individual students; diagnose individual students; assess success or failure; compare individual students, classrooms, or schools. All data is anonymous, non-identified and aggregated.

The CPR of Wellbeing

CPR Model

Our Student Resilience Survey of more than 4,000 schools and 900,000 young people aged 8-18 across every state and territory in Australia, has led to the discovery that young people thrive when they feel Connected Protected Respected™ (CPR).

For detailed information about our Connected Protected Respected (CPR) Model of wellbeing, visit our website: resiliencyouth.org/cpr



Surveys

Discover the strengths and tackle the challenges of your school community with our comprehensive surveys designed for students, staff, and parents/caregivers. Gain real data, derive real insights, and drive real action with:

- Student Resilience Survey
- Staff Resilience Survey
- Parent and Caregiver Resilience Survey
- No Bullying Survey
- Kindness Survey

resiliencyouth.org/surveys

Programs

Unlock the full potential of your school community with our range of evidence-based programs for students and staff.



PLAY



KIND SCHOOLS



WILDSIDE



INTERGENERATIONAL
INSIGHTS WORKSHOP



GAMECHANGERS



GAMES TO GROW RESILIENCE



TRAIL BLAZERS



BRAINY BREAKS

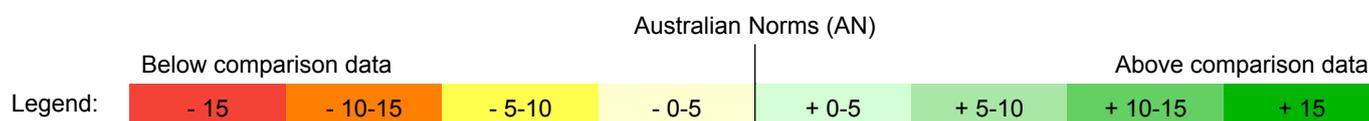


SCHOOLS MENTAL HEALTH
FUND & MENU

Comparison to Australian Norms

Year Level 3 Genders Female, Prefer Not To Say, Male Year 2025

Reporting Area	Focus of Question	F,P,M 2025	AN 2025
CONNECTED			
School Experiences			
	teacher at school who cares	84	84
	teachers who encourage	77	76
	feel safe at school	79	79
*	try hard at school	89	88
*	care about my school	87	87
*	have fun at school	76	78
	school gives students clear rules	88	86
	school enforces rules fairly	82	81
	given useful jobs at school	60	62
*	read for fun	52	57
Factor Score* :		76	78
Friendship Experiences			
*	at least one good friend at school	86	88
*	good at keeping friends	95	.
*	get along with people who are different from me	63	65
*	can disagree about things and still be friends	77	81
*	trust my friends and they trust me	76	80
	forgive others who are mean to me	61	63
Factor Score* :		79	63
Family Experiences			
*	love and support from family	87	87
*	parents/caregivers who encourage me	88	87
*	parent/carer who listens to me	78	78
*	feel safe at home	90	88
	feel safe in the area where I live	82	82
*	adult in my life who can talk to	81	82
Factor Score* :		85	84



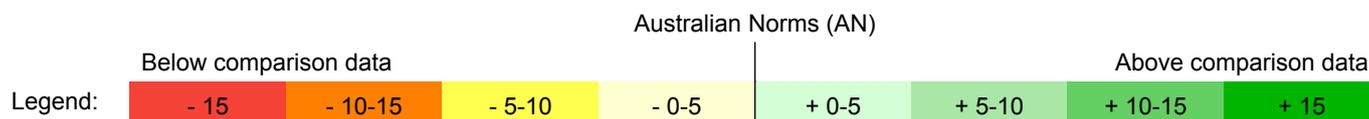
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Colours show the difference between your data and our nation wide comparative data.

*Please note: Items marked with a star are used to calculate the factor score. Factor scores are research-based measures of each domain, using selected items shown to best reflect the concept. Domains describe broad wellbeing areas; factor scores measure them reliably. Item selection is based on analysis by the University of Adelaide (2024).

Comparison to Australian Norms

Year Level 3 Genders Female, Prefer Not To Say, Male Year 2025

Reporting Area	Focus of Question	F,P,M 2025	AN 2025
PROTECTED			
Mental Wellbeing			
*	not feeling nervous, anxious, or on edge	69	70
*	able to stop or control worrying	70	71
*	not feeling down, depressed, or hopeless	74	76
*	take interest or pleasure in doing things	66	67
*	not feeling tired or low on energy	62	62
Factor Score* :		68	69
Bullying Behaviours			
*	not bullied at school	80	78
*	not bullied online	85	86
*	not socially excluded	83	81
Factor Score* :		83	82
Caring Behaviours			
*	involved in at least one extra-curricular	69	.
*	physically active for one hour per day	76	77
	play sport or do physical activity (indoor or outdoor, at school or outside of school) 1 or more times a week	90	.
*	get at least 8 hours of sleep most nights	67	64
	highly connected to nature (4 or 5 on 5-point scale)	63	.
	give my time to help others	72	74
Factor Score* :		71	47



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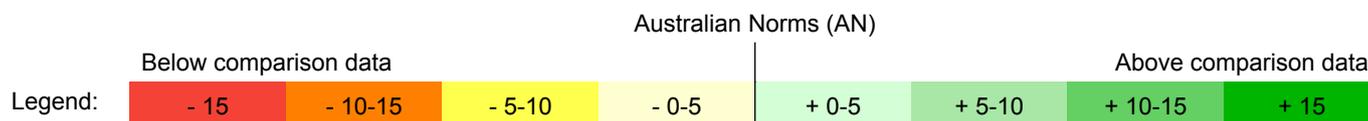
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If you are looking for comprehensive mental health data, including scatterplot reports, please go to 'Mental Health Report' in your [reporting portal](#).

Comparison to Australian Norms

Year Level 3 Genders Female, Prefer Not To Say, Male Year 2025

Reporting Area	Focus of Question	F,P,M 2025	AN 2025
RESPECTED			
Hopeful Attitudes			
*	think I am doing pretty well	81	83
*	can think of many ways to get important things	81	81
*	doing as well as other kids	85	81
*	can come up with ways to solve problems	79	75
*	past experiences will help me in the future	76	77
*	know that I can find a way to solve the problem	79	79
	at 5 or higher on an 8-rung ladder of life satisfaction	86	.
Factor Score* :		80	79
Reflective Attitudes (Coping)			
*	not avoiding responding to problems	62	63
*	not wishing problems go away	32	32
*	not blaming self when bad things happen	69	67
	talk to others when bad things happen	47	46
	can talk about things if they upset me	47	47
	feel good about myself	82	80
Factor Score* :		54	54
Healthy Choices			
	not playing excessive online games	66	69
Factor Score* :		.	.



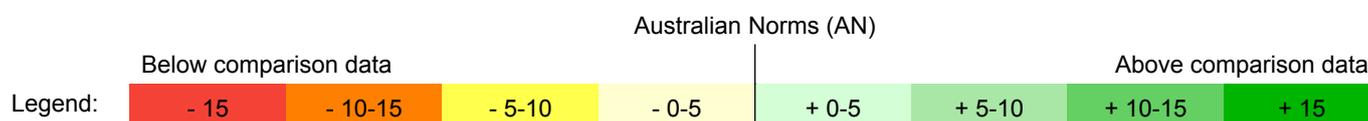
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Comparison to Australian Norms

Year Level 4 Genders Female, Prefer Not To Say, Male Year 2025

Reporting Area	Focus of Question	F,P,M 2025	AN 2025
CONNECTED			
School Experiences			
	teacher at school who cares	83	87
	teachers who encourage	82	81
	feel safe at school	79	82
*	try hard at school	92	90
*	care about my school	80	87
*	have fun at school	73	78
	school gives students clear rules	87	88
	school enforces rules fairly	80	82
	given useful jobs at school	63	64
*	read for fun	51	56
Factor Score* :		74	78
Friendship Experiences			
*	at least one good friend at school	91	91
*	good at keeping friends	77	.
*	get along with people who are different from me	72	73
*	can disagree about things and still be friends	87	86
*	trust my friends and they trust me	82	83
	forgive others who are mean to me	60	64
Factor Score* :		82	67
Family Experiences			
*	love and support from family	94	91
*	parents/caregivers who encourage me	95	91
*	parent/carer who listens to me	87	85
*	feel safe at home	95	91
	feel safe in the area where I live	87	85
*	adult in my life who can talk to	87	84
Factor Score* :		92	88



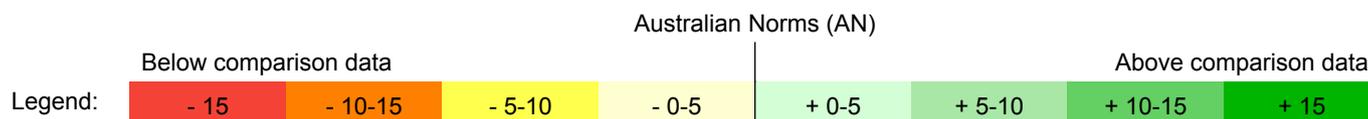
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Comparison to Australian Norms

Year Level 4 Genders Female, Prefer Not To Say, Male Year 2025

Reporting Area	Focus of Question	F,P,M 2025	AN 2025
PROTECTED			
Mental Wellbeing			
*	not feeling nervous, anxious, or on edge	76	75
*	able to stop or control worrying	76	75
*	not feeling down, depressed, or hopeless	81	80
*	take interest or pleasure in doing things	69	71
*	not feeling tired or low on energy	72	68
Factor Score* :		75	74
Bullying Behaviours			
*	not bullied at school	85	83
*	not bullied online	92	91
*	not socially excluded	84	86
Factor Score* :		87	87
Caring Behaviours			
*	involved in at least one extra-curricular	60	.
*	physically active for one hour per day	86	84
	play sport or do physical activity (indoor or outdoor, at school or outside of school) 1 or more times a week	95	.
*	get at least 8 hours of sleep most nights	75	71
	highly connected to nature (4 or 5 on 5-point scale)	58	.
	give my time to help others	74	75
Factor Score* :		74	52



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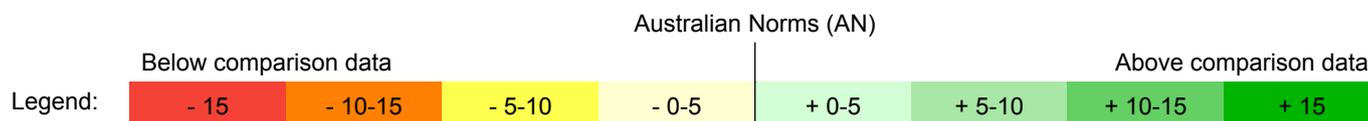
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Comparison to Australian Norms

Year Level 4 Genders Female, Prefer Not To Say, Male Year 2025

Reporting Area	Focus of Question	F,P,M 2025	AN 2025
RESPECTED			
Hopeful Attitudes			
*	think I am doing pretty well	87	87
*	can think of many ways to get important things	88	86
*	doing as well as other kids	88	86
*	can come up with ways to solve problems	81	77
*	past experiences will help me in the future	83	81
*	know that I can find a way to solve the problem	84	82
	at 5 or higher on an 8-rung ladder of life satisfaction	87	.
Factor Score* :		85	83
Reflective Attitudes (Coping)			
*	not avoiding responding to problems	63	66
*	not wishing problems go away	28	31
*	not blaming self when bad things happen	71	68
	talk to others when bad things happen	48	44
	can talk about things if they upset me	49	47
	feel good about myself	83	80
Factor Score* :		54	55
Healthy Choices			
	not playing excessive online games	60	66
Factor Score* :		.	.



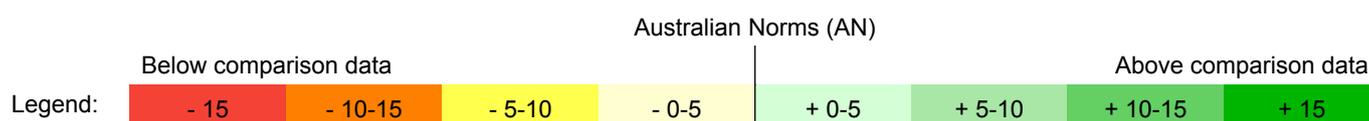
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Comparison to Australian Norms

Year Level 5 Genders Female, Prefer Not To Say, Male Year 2025

Reporting Area	Focus of Question	F,P,M 2025	AN 2025
CONNECTED			
School Experiences			
	teacher at school who cares	86	87
	teachers who encourage	86	85
	feel safe at school	83	83
*	try hard at school	92	90
*	care about my school	82	85
*	enjoy learning new things at school	77	74
*	have fun at school	76	75
	school gives students clear rules	87	86
	school enforces rules fairly	75	79
	given useful jobs at school	61	64
*	read for fun	49	52
Factor Score* :		75	75
Friendship Experiences			
*	at least one good friend at school	93	92
*	good at keeping friends	87	87
*	get along with people who are different from me	80	79
*	can disagree about things and still be friends	88	89
*	trust my friends and they trust me	84	85
	forgive others who are mean to me	62	63
Factor Score* :		86	86
Family Experiences			
*	love and support from family	93	92
*	parents/caregivers who encourage me	93	93
*	adults who set a good example	91	89
*	parent/carer who listens to me	87	87
*	feel safe at home	95	93
	feel safe in the area where I live	89	88
*	adult in my life who can talk to	84	84
Factor Score* :		91	90



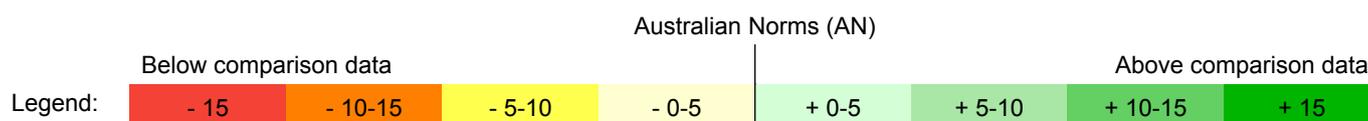
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Comparison to Australian Norms

Year Level 5 Genders Female, Prefer Not To Say, Male Year 2025

Reporting Area	Focus of Question	F,P,M 2025	AN 2025
PROTECTED			
Mental Wellbeing			
*	not feeling nervous, anxious, or on edge	76	75
*	able to stop or control worrying	77	77
*	not feeling down, depressed, or hopeless	80	81
*	take interest or pleasure in doing things	71	75
*	not having trouble sleeping or sleeping too much	65	62
*	no poor appetite, weight loss or overeating	83	85
*	not feeling tired or low on energy	75	74
*	no trouble concentrating	80	78
Factor Score* :		76	76
Bullying Behaviours			
*	not bullied at school	83	86
*	not bullied online	94	92
*	not socially excluded	85	86
Factor Score* :		87	88
Caring Behaviours			
*	involved in at least one extra-curricular	79	85
*	physically active for one hour per day	88	87
	play sport or do physical activity (indoor or outdoor, at school or outside of school) 1 or more times a week	96	.
*	get at least 8 hours of sleep most nights	76	74
	highly connected to nature (4 or 5 on 5-point scale)	49	.
	give my time to help others	76	76
Factor Score* :		81	82



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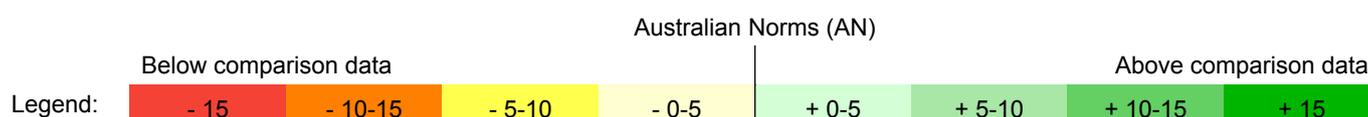
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Comparison to Australian Norms

Year Level 5 Genders Female, Prefer Not To Say, Male Year 2025

Reporting Area	Focus of Question	F,P,M 2025	AN 2025
RESPECTED			
Hopeful Attitudes			
*	think I am doing pretty well	89	88
*	can think of many ways to get important things	87	87
*	doing as well as other kids	87	87
*	can come up with ways to solve problems	80	77
*	past experiences will help me in the future	82	81
*	know that I can find a way to solve the problem	82	82
	at 5 or higher on an 8-rung ladder of life satisfaction	88	.
Factor Score* :		85	84
Reflective Attitudes (Coping)			
*	not avoiding responding to problems	67	69
*	not wishing problems go away	30	33
*	not blaming self when bad things happen	65	68
	talk to others when bad things happen	42	41
	can talk about things if they upset me	52	49
	feel good about myself	77	78
Factor Score* :		54	57
Healthy Choices			
	not playing excessive online games	60	65
	not using a device between 10pm/midnight and 6am	64	69
Factor Score* :		.	.



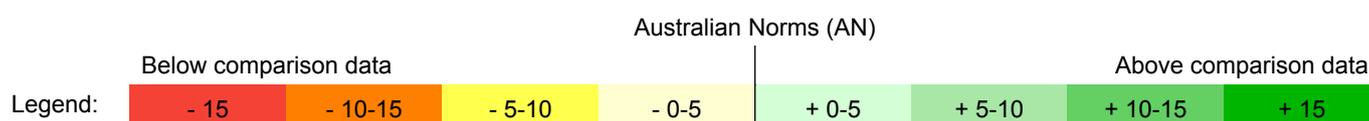
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Comparison to Australian Norms

Year Level 6 Genders Female, Prefer Not To Say, Male Year 2025

Reporting Area	Focus of Question	F,P,M 2025	AN 2025
CONNECTED			
School Experiences			
	teacher at school who cares	83	86
	teachers who encourage	81	85
	feel safe at school	80	83
*	try hard at school	90	89
*	care about my school	79	81
*	enjoy learning new things at school	72	71
*	have fun at school	72	72
	school gives students clear rules	84	84
	school enforces rules fairly	73	75
	given useful jobs at school	59	66
*	read for fun	42	45
Factor Score* :		71	72
Friendship Experiences			
*	at least one good friend at school	93	92
*	good at keeping friends	86	86
*	get along with people who are different from me	80	81
*	can disagree about things and still be friends	91	90
*	trust my friends and they trust me	83	84
	forgive others who are mean to me	59	62
Factor Score* :		87	87
Family Experiences			
*	love and support from family	91	93
*	parents/caregivers who encourage me	93	93
*	adults who set a good example	91	90
*	parent/carer who listens to me	85	87
*	feel safe at home	95	93
	feel safe in the area where I live	86	89
*	adult in my life who can talk to	80	83
Factor Score* :		89	90



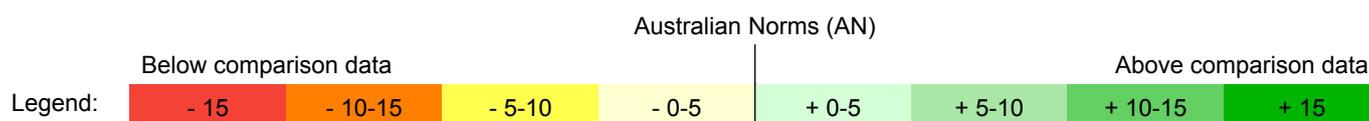
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Comparison to Australian Norms

Year Level 6 Genders Female, Prefer Not To Say, Male Year 2025

Reporting Area	Focus of Question	F,P,M 2025	AN 2025
PROTECTED			
Mental Wellbeing			
*	not feeling nervous, anxious, or on edge	76	74
*	able to stop or control worrying	77	77
*	not feeling down, depressed, or hopeless	81	82
*	take interest or pleasure in doing things	76	77
*	not having trouble sleeping or sleeping too much	68	64
*	no poor appetite, weight loss or overeating	81	83
*	not feeling tired or low on energy	72	73
*	no trouble concentrating	78	77
Factor Score* :		76	76
Bullying Behaviours			
*	not bullied at school	89	89
*	not bullied online	94	94
*	not socially excluded	86	87
Factor Score* :		90	90
Caring Behaviours			
*	involved in at least one extra-curricular	77	85
*	physically active for one hour per day	85	88
	play sport or do physical activity (indoor or outdoor, at school or outside of school) 1 or more times a week	97	.
*	get at least 8 hours of sleep most nights	71	73
	highly connected to nature (4 or 5 on 5-point scale)	47	.
	give my time to help others	75	75
Factor Score* :		78	82



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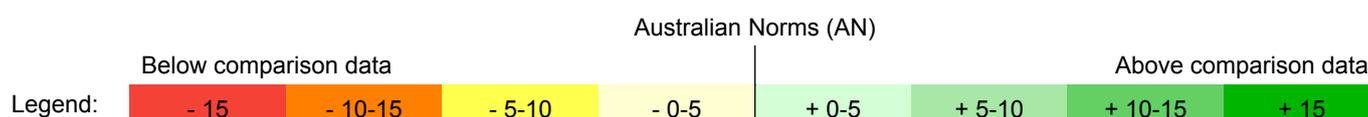
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Comparison to Australian Norms

Year Level 6 Genders Female, Prefer Not To Say, Male Year 2025

Reporting Area	Focus of Question	F,P,M 2025	AN 2025
RESPECTED			
Hopeful Attitudes			
*	think I am doing pretty well	90	88
*	can think of many ways to get important things	88	88
*	doing as well as other kids	86	87
*	can come up with ways to solve problems	79	78
*	past experiences will help me in the future	79	80
*	know that I can find a way to solve the problem	84	82
	at 5 or higher on an 8-rung ladder of life satisfaction	88	.
Factor Score* :		84	84
Reflective Attitudes (Coping)			
*	not avoiding responding to problems	66	69
*	not wishing problems go away	31	36
*	not blaming self when bad things happen	67	66
	talk to others when bad things happen	38	38
	can talk about things if they upset me	48	47
	feel good about myself	75	74
Factor Score* :		55	57
Healthy Choices			
	not playing excessive online games	56	62
	not using a device between 10pm/midnight and 6am	60	67
Factor Score* :		.	.



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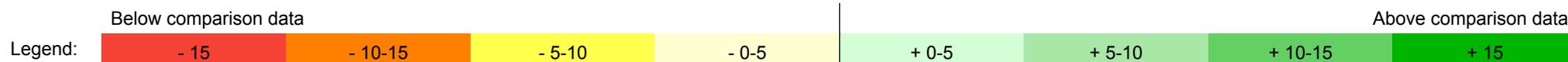
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Longitudinal Comparison to Australian Norms

Year Levels 3-6 Genders Female, Prefer Not To Say, Male Year 2025

Reporting Area	Focus of Question	2025 Yr3	2025 AN	2025 Yr4	2025 AN	2025 Yr5	2025 AN	2025 Yr6	2025 AN
CONNECTED									
School Experiences									
	teacher at school who cares	84	84	83	87	86	87	83	86
	teachers who encourage	77	76	82	81	86	85	81	85
	feel safe at school	79	79	79	82	83	83	80	83
*	try hard at school	89	88	92	90	92	90	90	89
*	care about my school	87	87	80	87	82	85	79	81
*	enjoy learning new things at school	77	74	72	71
*	have fun at school	76	78	73	78	76	75	72	72
	school gives students clear rules	88	86	87	88	87	86	84	84
	school enforces rules fairly	82	81	80	82	75	79	73	75
	given useful jobs at school	60	62	63	64	61	64	59	66
*	read for fun	52	57	51	56	49	52	42	45
Factor Score* :		76	78	74	78	75	75	71	72

Australian Norms (AN)



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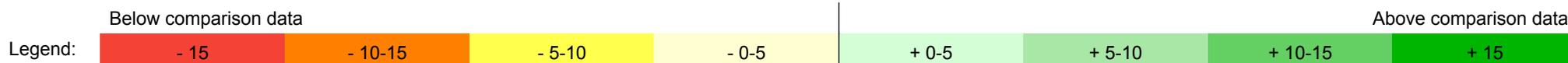
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Longitudinal Comparison to Australian Norms

Year Levels 3-6 Genders Female, Prefer Not To Say, Male Year 2025

Reporting Area	Focus of Question	2025 Yr3	2025 AN	2025 Yr4	2025 AN	2025 Yr5	2025 AN	2025 Yr6	2025 AN
CONNECTED (continued)									
Friendship Experiences									
*	at least one good friend at school	86	88	91	91	93	92	93	92
*	good at keeping friends	95	.	77	.	87	87	86	86
*	get along with people who are different from me	63	65	72	73	80	79	80	81
*	can disagree about things and still be friends	77	81	87	86	88	89	91	90
*	trust my friends and they trust me	76	80	82	83	84	85	83	84
	forgive others who are mean to me	61	63	60	64	62	63	59	62
Factor Score* :		79	63	82	67	86	86	87	87
Family Experiences									
*	love and support from family	87	87	94	91	93	92	91	93
*	parents/caregivers who encourage me	88	87	95	91	93	93	93	93
*	adults who set a good example	91	89	91	90
*	parent/carer who listens to me	78	78	87	85	87	87	85	87
*	feel safe at home	90	88	95	91	95	93	95	93
	feel safe in the area where I live	82	82	87	85	89	88	86	89
*	adult in my life who can talk to	81	82	87	84	84	84	80	83
Factor Score* :		85	84	92	88	91	90	89	90

Australian Norms (AN)



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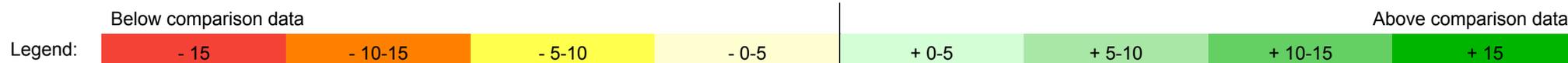
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Longitudinal Comparison to Australian Norms

Year Levels 3-6 Genders Female, Prefer Not To Say, Male Year 2025

Reporting Area	Focus of Question	2025 Yr3	2025 AN	2025 Yr4	2025 AN	2025 Yr5	2025 AN	2025 Yr6	2025 AN
PROTECTED									
Mental Wellbeing									
*	not feeling nervous, anxious, or on edge	69	70	76	75	76	75	76	74
*	able to stop or control worrying	70	71	76	75	77	77	77	77
*	not feeling down, depressed, or hopeless	74	76	81	80	80	81	81	82
*	take interest or pleasure in doing things	66	67	69	71	71	75	76	77
*	not having trouble sleeping or sleeping too much	65	62	68	64
*	no poor appetite, weight loss or overeating	83	85	81	83
*	not feeling tired or low on energy	62	62	72	68	75	74	72	73
*	no trouble concentrating	80	78	78	77
Factor Score* :		68	69	75	74	76	76	76	76

Australian Norms (AN)



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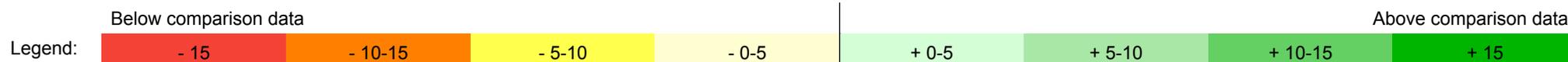
If you are looking for comprehensive mental health data, including scatterplot reports, please go to 'Mental Health Report' in your [reporting portal](#).

Longitudinal Comparison to Australian Norms

Year Levels 3-6 Genders Female, Prefer Not To Say, Male Year 2025

Reporting Area	Focus of Question	2025 Yr3	2025 AN	2025 Yr4	2025 AN	2025 Yr5	2025 AN	2025 Yr6	2025 AN
PROTECTED (continued)									
Bullying Behaviours									
*	not bullied at school	80	78	85	83	83	86	89	89
*	not bullied online	85	86	92	91	94	92	94	94
*	not socially excluded	83	81	84	86	85	86	86	87
Factor Score* :		83	82	87	87	87	88	90	90
Caring Behaviours									
*	involved in at least one extra-curricular	69	.	60	.	79	85	77	85
*	physically active for one hour per day	76	77	86	84	88	87	85	88
	play sport or do physical activity (indoor or outdoor, at school or outside of school) 1 or more times a week	90	.	95	.	96	.	97	.
*	get at least 8 hours of sleep most nights	67	64	75	71	76	74	71	73
	highly connected to nature (4 or 5 on 5-point scale)	63	.	58	.	49	.	47	.
	give my time to help others	72	74	74	75	76	76	75	75
Factor Score* :		71	47	74	52	81	82	78	82

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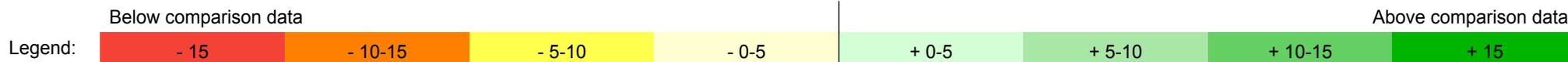
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Longitudinal Comparison to Australian Norms

Year Levels 3-6 Genders Female, Prefer Not To Say, Male Year 2025

Reporting Area	Focus of Question	2025 Yr3	2025 AN	2025 Yr4	2025 AN	2025 Yr5	2025 AN	2025 Yr6	2025 AN
RESPECTED									
Hopeful Attitudes									
*	think I am doing pretty well	81	83	87	87	89	88	90	88
*	can think of many ways to get important things	81	81	88	86	87	87	88	88
*	doing as well as other kids	85	81	88	86	87	87	86	87
*	can come up with ways to solve problems	79	75	81	77	80	77	79	78
*	past experiences will help me in the future	76	77	83	81	82	81	79	80
*	know that I can find a way to solve the problem	79	79	84	82	82	82	84	82
	at 5 or higher on an 8-rung ladder of life satisfaction	86	.	87	.	88	.	88	.
Factor Score* :		80	79	85	83	85	84	84	84
Reflective Attitudes (Coping)									
*	not avoiding responding to problems	62	63	63	66	67	69	66	69
*	not wishing problems go away	32	32	28	31	30	33	31	36
*	not blaming self when bad things happen	69	67	71	68	65	68	67	66
	talk to others when bad things happen	47	46	48	44	42	41	38	38
	can talk about things if they upset me	47	47	49	47	52	49	48	47
	feel good about myself	82	80	83	80	77	78	75	74
Factor Score* :		54	54	54	55	54	57	55	57

Australian Norms (AN)



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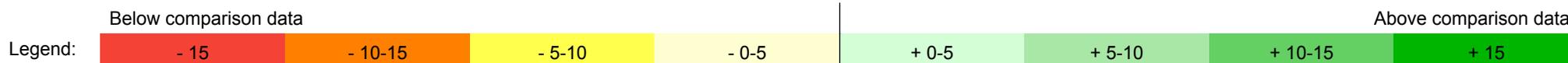
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Longitudinal Comparison to Australian Norms

Year Levels 3-6 Genders Female, Prefer Not To Say, Male Year 2025

Reporting Area	Focus of Question	2025 Yr3	2025 AN	2025 Yr4	2025 AN	2025 Yr5	2025 AN	2025 Yr6	2025 AN
RESPECTED (continued)									
Healthy Choices									
	not playing excessive online games	66	69	60	66	60	65	56	62
	not using a device between 10pm/midnight and 6am	64	69	60	67

Australian Norms (AN)



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